



Walter Reed  
National Military  
Medical Center

GASTROENTEROLOGY SERVICE

Patients receiving sedation  
MUST HAVE  
Adult Escorts  
PRESENT  
at check-in  
or  
your procedure  
*Will be Cancelled.*



# Walter Reed National Military Medical Center

## Flexible Sigmoidoscopy Instructions – SEDATED

**PROCEDURE DATE**

**ARRIVAL TIME (*Not Procedure Time*)**

**DEFINITION:** A Flexible Sigmoidoscopy is a diagnostic exam that allows the physician to carefully examine the rectum and lower colon with a flexible tube equipped with a light and camera.

### **PURPOSE OF Flexible Sigmoidoscopy:**

1. Abnormalities or diseases, including: hemorrhoids, polyps, fistulas and tumors, can be visualized and further information can be obtained by taking a biopsy.

**LENGTH OF TIME:** Procedure: 20 min.

### **DAY OF THE PROCEDURE: DO NOT FOLLOW ANY OTHER INSTRUCTIONS** **GENERAL INSTRUCTIONS**

You will receive sedation for your procedure and will not be able to drive yourself home after the procedure. You must have a responsible adult pick you up in the Endoscopy Unit to discuss your discharge instructions prior to your discharge and accompany you home. You will not be permitted to use any form of military or public transportation after your procedure if you are unaccompanied by an adult. Bus, taxi or shuttle drivers DO NOT fulfill the requirement of a responsible adult. **YOUR PROCEDURE WILL BE CANCELLED IF YOUR ADULT ESCORT DOES NOT ARRIVE WITH YOU AT THE CHECK-IN DESK. AT A MINIMUM YOU SHOULD PLAN FOR 3 – 4 HOUR WAIT AND YOUR DRIVER SHOULD NOT LEAVE THE HOSPITAL GROUNDS.**

**Your Designated Driver must arrive with you or your procedure may be cancelled.**

1. **It is recommended that females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. Menopause is defined as last period was more than 12 months ago; if your last period was more recent, please submit a pregnancy test. It can be done in the WRNMMCB lab 1 hr before your appointment time. The lab opens at 0700.**
2. Your diet should be **only clear liquids**. **Clear liquids** include any of the following that are **not red or orange**: strained fruit juices without pulp (apple, white cranberry, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade or similar sport drinks, Kool-Aid (or

other fruit flavored drinks), plain Jello (without fruit or toppings), Popsicles and carbonated soft drinks (Pepsi, Coke).

3. Heart and blood pressure medications should be continued and taken the morning of the exam. Check with your physician regarding other medications, especially insulin, if you are diabetic.
4. If you are diabetic, hold all oral diabetic medications the morning of the procedure and check your blood sugar before arrival. If your blood sugar is 70 or below, please inform the staff immediately upon your arrival.

There may be a waiting period prior to the procedure. The NNMC staff strives to give every patient individualized, quality care. We apologize for any inconvenience that waiting may cause you.

DAY OF YOUR PROCEDURE      DO NOT FOLLOW ANY OTHER INSTRUCTIONS

**You may not have anything solid to eat after midnight.**

<b>0530</b>	<b>For Arrival time <u>before 1200</u>, STOP drinking clear liquids at 0530 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.</b>
<b>1100</b>	<b>For Arrival time <u>1200 or later</u>, STOP drinking clear liquids at 1100 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.</b>

**Clear liquids** include any of the following that are **not red or orange**: strained fruit juices without pulp (apple, white cranberry, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade or similar sport drinks, Kool-Aid (or other fruit flavored drinks), plain Jell-o (without fruit or toppings), Popsicles and carbonated soft drinks (Pepsi, Coke).

**ARRIVAL:**

1. Please bring your health record from the Military Facility where it is maintained (if they will release it) and your military ID card.
2. Report to the Gastroenterology Clinic Front Desk, Building 9, 1st floor, at the instructed time.
3. Please bring your glasses to read the consent forms.
4. Leave all of your valuables at home.
5. You will self administer 2 enemas upon arrival in the Endoscopy Unit.

## **PROCEDURE:**

1. An intravenous line (IV) will be placed in order to provide medication for sedation and comfort. You will be receiving conscious sedation - you may be awake or asleep for the procedure depending on how the medications affect you but the goal is comfort.
2. While lying comfortably on your left side on a gurney, the endoscopist will 1<sup>st</sup> perform a rectal exam. Then, the endoscopist will insert the lubricated sigmoidoscope in the rectum and advance the instrument slowly, to examine the lower portion of your colon.
3. During the exam, some air and water will enter the colon to assist the endoscopist during the exam. This may cause some temporary cramping and bloating. Sedation is usually not administered. Any discomfort due to cramping or bloating typically lasts for about 5 minutes and resolves quickly after the procedure is completed.
4. After the procedure, you will have your blood pressure taken and be given written discharge instructions with contact numbers and a written procedure report.

## **OUTPATIENT DISCHARGE INSTRUCTIONS:**

1. You are advised to go directly home and rest quietly for the remainder of the day.
2. For 24 hrs after your procedure:

DO NOT Drive or operate any machinery

DO NOT Consume any alcoholic beverages

DO NOT Sign any legal documents or make critical decisions

DO NOT Take any un-prescribed medications

3. You may resume your normal diet.

***IF YOU HAVE ANY QUESTIONS, CONTACT THE NURSE EDUCATORS OFFICE AT (301) 319-8284, BETWEEN 0800-1600 (WEEKDAYS). PLEASE CONTACT US IF PROBLEMS ARISE BEFORE YOUR PROCEDURE OR IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE.***

***PLEASE GIVE AT LEAST 48 HOURS NOTICE WHEN CANCELING. LESS THAN 48 HOURS NOTICE MAY DELAY CARE AND INCREASE MEDICAL COST. IF YOUR PROCEDURE IS CANCELLED LESS THAN 48 HOURS PRIOR TO YOUR PROCEDURE YOU WILL BE CONSIDERED A "NO SHOW".***

**ANY PATIENT THAT CANCELS GREATER THAN TWO (2) PROCEDURE APPOINTMENTS WILL NEED TO HAVE A CLINIC APPOINTMENT BEFORE BEING PLACED BACK ON THE ENDOSCOPY OR CTC SCHEDULE. SPECIFIC**

**CIRCUMSTANCES MAY BE ADDRESSED AT THE DISCRETION OF THE MEDICAL DIRECTOR.**